

# **2009 YOUTH RISK BEHAVIOR SURVEY**

## **MONTANA HIGH SCHOOL**

### **TREND REPORT 1997 - 2009**

**RANDOM SAMPLING PROCEDURES WERE FOLLOWED TO  
OBTAIN THESE WEIGHTED DATA. THE RESULTS ARE REPRESENTATIVE  
OF ALL MONTANA HIGH SCHOOL STUDENTS IN GRADES 9-12.**



# 2009 Youth Risk Behavior Survey Montana High School Trend Report

| <b><i>Injury and Violence</i></b>   | <b>1997</b> | <b>1999</b> | <b>2001</b> | <b>2003</b> | <b>2005</b> | <b>2007</b> | <b>2009</b> |
|---|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>Percentage of students who . . .</b>   |             |             |             |             |             |             |             |
| Rode a bicycle and never or rarely wore a bicycle helmet during the past 12 months  | 87.5        | 86.8        | 85.1        | 83.4        | 82.3        | 83.8        | 82.7        |
| Never or rarely wore a seat belt when riding in a car driven by someone else  | 32.0        | 23.1        | 19.8        | 17.8        | 13.9        | 14.2        | 13.1        |
| Never or rarely wore a seat belt when driving a car   |             |             | 18.7        | 19.5        | 15.8        | 14.9        | 13.9        |
| Rode in a car driven by someone who had been drinking alcohol during the past 30 days   | 46.6        | 43.1        | 39.3        | 36.9        | 34.4        | 32.9        | 28.8        |
| Drove a car when they had been drinking alcohol during the past 30 days   | 26.7        | 22.7        | 21.8        | 20.4        | 18.5        | 16.0        | 13.5        |
| Carried a weapon such as a gun, knife, or club during the past 30 days  | 23.8        | 20.3        | 21.4        | 19.4        | 21.4        | 22.1        | 23.0        |
| Carried a gun during the past 30 days   | 9.8         | 8.6         | 9.0         | 8.7         | 9.0         | 7.8         | 9.2         |
| Carried a weapon on school property during the past 30 days   | 12.4        | 9.2         | 8.7         | 7.2         | 10.2        | 9.7         | 7.9         |
| Did not go to school because they felt unsafe at school or on their way to or from school during the past 30 days                                   | 4.4         | 3.0         | 5.5         | 3.4         | 4.2         | 4.2         | 5.2         |
| Had been threatened or injured with a weapon on school property during the past 12 months   | 7.1         | 6.5         | 8.5         | 7.1         | 8.0         | 7.0         | 7.4         |
| Had property such as their car, clothing, or books stolen or deliberately damaged on school property during the past 12 months                      |             |             |             | 28.9        | 30.1        | 28.6        | NA          |
| Were in a physical fight during the past 12 months  | 32.2        | 32.1        | 31.6        | 28.6        | 30.5        | 32.8        | 31.7        |
| Were injured in a physical fight that required medical treatment during the past 12 months  | 2.9         | 3.7         | 3.6         | 3.4         | 3.6         | 3.7         | 4.9         |
| Were in a physical fight on school property during the past 12 months   | 13.6        | 12.7        | 12.2        | 10.3        | 10.9        | 12.0        | 10.8        |
| Were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months   |             | 10.5        | 10.3        | 11.7        | 10.9        | 10.6        | 9.6         |
| Have ever been physically forced to have sexual intercourse when they did not want to   |             |             | 8.8         | 9.8         | 10.2        | 8.8         | 9.2         |
| Had ever been bullied on school property during the past 12 months  |             |             |             |             |             |             | 23.1        |
| Had ever been electronically bullied, such as through e-mail, chat rooms, instant messaging, Web sites, or text messaging during the past 12 months |             |             |             |             |             |             | 17.9        |
| Felt so sad or hopeless for two weeks or more in a row that they stopped doing some usual activities during the past 12 months                      |             | 25.9        | 26.6        | 26.4        | 25.6        | 25.8        | 27.3        |
| Seriously considered attempting suicide during the past 12 months   | 23.9        | 18.6        | 19.4        | 18.9        | 17.5        | 15.1        | 17.4        |
| Made a plan about how they would attempt suicide during the past 12 months  | 18.7        | 15.6        | 16.3        | 14.8        | 14.6        | 13.2        | 13.4        |
| Actually attempted suicide during the past 12 months  | 8.4         | 6.7         | 10.4        | 9.7         | 10.3        | 7.9         | 7.7         |



| <b><i>Injury and Violence – continued.</i></b>  | <b>1997</b> | <b>1999</b> | <b>2001</b> | <b>2003</b> | <b>2005</b> | <b>2007</b> | <b>2009</b> |
|---|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>Percentage of students who . . .</b>   |             |             |             |             |             |             |             |
| Had a suicide attempt resulting in injury, poisoning, or overdose that required medical treatment during the past 12 months | <b>2.4</b>  | <b>2.5</b>  | <b>3.7</b>  | <b>3.0</b>  | <b>3.1</b>  | <b>2.7</b>  | <b>2.8</b>  |

| <b><i>Tobacco Use</i></b>   | <b>1997</b> | <b>1999</b> | <b>2001</b> | <b>2003</b> | <b>2005</b> | <b>2007</b> | <b>2009</b> |
|---|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>Percentage of students who . . .</b>   |             |             |             |             |             |             |             |
| Ever tried cigarette smoking  | <b>73.4</b> | <b>70.3</b> | <b>66.5</b> | <b>61.0</b> | <b>55.4</b> | <b>52.1</b> | <b>50.0</b> |
| Smoked a cigarette before age 13  | <b>26.1</b> | <b>24.7</b> | <b>25.0</b> | <b>20.7</b> | <b>17.6</b> | <b>14.7</b> | <b>12.3</b> |
| Smoked a cigarette on one or more of the past 30 days (“current”)   | <b>38.1</b> | <b>35.0</b> | <b>28.5</b> | <b>22.9</b> | <b>20.1</b> | <b>20.0</b> | <b>18.7</b> |
| Smoked cigarettes on 20 or more of the past 30 days (“frequent”)  | <b>19.3</b> | <b>18.0</b> | <b>14.9</b> | <b>10.8</b> | <b>8.8</b>  | <b>8.1</b>  | <b>7.9</b>  |
| Among current smokers, smoked more than 10 cigarettes per day on the days they smoked during the past 30 days | <b>12.1</b> | <b>11.5</b> | <b>12.6</b> | <b>10.8</b> | <b>7.7</b>  | <b>7.7</b>  | <b>4.0</b>  |
| Usually got their cigarettes by buying them in a store or gas station during the past 30 days                 |             |             | <b>11.5</b> | <b>10.1</b> | <b>9.3</b>  | <b>9.3</b>  | <b>7.5</b>  |
| Smoked cigarettes on school property during the past 30 days  | <b>15.3</b> | <b>14.0</b> | <b>10.4</b> | <b>7.7</b>  | <b>7.0</b>  | <b>6.2</b>  | <b>5.4</b>  |
| Ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days (“regular”)               |             |             | <b>23.2</b> | <b>17.3</b> | <b>15.2</b> | <b>12.9</b> | <b>13.5</b> |
| Among current smokers, tried to quit smoking during the past 12 months  |             |             | <b>65.6</b> | <b>60.9</b> | <b>60.4</b> | <b>55.0</b> | <b>54.6</b> |
| Used chewing tobacco, snuff, or dip during the past 30 days   | <b>21.0</b> | <b>18.2</b> | <b>15.7</b> | <b>13.2</b> | <b>14.8</b> | <b>12.9</b> | <b>14.6</b> |
| Used chewing tobacco, snuff, or dip on school property during the past 30 days                                | <b>13.3</b> | <b>9.7</b>  | <b>9.3</b>  | <b>7.7</b>  | <b>8.2</b>  | <b>7.3</b>  | <b>8.8</b>  |
| Smoked cigars, cigarillos, or little cigars during the past 30 days   |             | <b>20.4</b> | <b>14.8</b> | <b>14.1</b> | <b>17.6</b> | <b>15.5</b> | <b>17.8</b> |
| Smoked cigarettes or cigars or used chewing tobacco, snuff, or dip during the past 30 days                    |             | <b>45.0</b> | <b>37.7</b> | <b>30.9</b> | <b>31.4</b> | <b>30.0</b> | <b>31.3</b> |



| <b><i>Alcohol and Other Drug Use</i></b>  | <b>1997</b> | <b>1999</b> | <b>2001</b> | <b>2003</b> | <b>2005</b> | <b>2007</b> | <b>2009</b> |
|---|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>Percentage of students who . . .</b>   |             |             |             |             |             |             |             |
| Had at least one drink of alcohol during their life   | <b>84.3</b> | <b>86.1</b> | <b>82.9</b> | <b>81.1</b> | <b>77.8</b> | <b>77.8</b> | <b>75.7</b> |
| Had first drink of alcohol before age 13  | <b>38.8</b> | <b>33.4</b> | <b>35.1</b> | <b>30.4</b> | <b>27.8</b> | <b>25.9</b> | <b>24.0</b> |
| Had at least one drink of alcohol during the past 30 days ("current")   | <b>59.0</b> | <b>57.6</b> | <b>54.1</b> | <b>49.5</b> | <b>48.6</b> | <b>46.5</b> | <b>42.8</b> |
| Had five or more drinks of alcohol in a row during the past 30 days ("binge drink")   | <b>44.1</b> | <b>43.6</b> | <b>41.4</b> | <b>37.3</b> | <b>34.4</b> | <b>32.7</b> | <b>30.1</b> |
| Among current users of alcohol, the percent who usually got the alcohol they drank from someone who gave it to them during the past 30 days |             |             |             |             |             | <b>38.9</b> | <b>37.9</b> |
| Had at least one drink of alcohol on school property during the past 30 days  | <b>8.4</b>  | <b>7.2</b>  | <b>6.9</b>  | <b>6.7</b>  | <b>6.4</b>  | <b>5.7</b>  | <b>5.1</b>  |
| Used marijuana during their life  | <b>45.1</b> | <b>45.0</b> | <b>46.7</b> | <b>43.9</b> | <b>41.7</b> | <b>39.1</b> | <b>42.2</b> |
| Tried marijuana before age 13   | <b>9.7</b>  | <b>11.8</b> | <b>12.3</b> | <b>11.0</b> | <b>11.2</b> | <b>9.5</b>  | <b>9.7</b>  |
| Used marijuana during the past 30 days ("current")  | <b>26.9</b> | <b>25.5</b> | <b>27.1</b> | <b>23.1</b> | <b>22.3</b> | <b>21.0</b> | <b>23.1</b> |
| Used marijuana on school property during the past 30 days   | <b>8.9</b>  | <b>7.5</b>  | <b>7.7</b>  | <b>6.4</b>  | <b>6.1</b>  | <b>5.0</b>  | <b>5.8</b>  |
| Used any form of cocaine during their life  | <b>9.6</b>  | <b>9.8</b>  | <b>9.4</b>  | <b>8.7</b>  | <b>9.5</b>  | <b>8.3</b>  | <b>7.2</b>  |
| Used any form of cocaine during the past 30 days ("current")  | <b>4.1</b>  | <b>4.0</b>  | <b>4.0</b>  | <b>3.8</b>  | <b>4.0</b>  | <b>2.9</b>  | <b>2.8</b>  |
| Used inhalants during their life  | <b>20.8</b> | <b>16.5</b> | <b>15.0</b> | <b>13.8</b> | <b>15.4</b> | <b>16.2</b> | <b>14.2</b> |
| Used heroin during their life   |             | <b>2.8</b>  | <b>4.0</b>  | <b>3.2</b>  | <b>3.6</b>  | <b>2.5</b>  | <b>3.0</b>  |
| Used methamphetamines during their life   |             | <b>13.5</b> | <b>12.6</b> | <b>9.3</b>  | <b>8.3</b>  | <b>4.6</b>  | <b>3.1</b>  |
| Used ecstasy during their life  |             |             |             | <b>6.1</b>  | <b>6.3</b>  | <b>6.0</b>  | <b>7.3</b>  |
| Took steroid pills or shots without a doctor's prescription during their life   | <b>4.2</b>  | <b>4.1</b>  | <b>5.3</b>  | <b>4.7</b>  | <b>4.4</b>  | <b>2.8</b>  | <b>3.9</b>  |
| Used a needle to inject any illegal drug into their body during their life  | <b>2.8</b>  | <b>2.4</b>  | <b>2.7</b>  | <b>2.6</b>  | <b>3.6</b>  | <b>2.0</b>  | <b>3.7</b>  |
| Were offered, sold, or given an illegal drug on school property during the past 12 months   | <b>34.6</b> | <b>30.0</b> | <b>29.5</b> | <b>26.9</b> | <b>25.3</b> | <b>24.9</b> | <b>20.7</b> |



| <b><i>Sexual Behaviors</i></b>   | <b>1997</b> | <b>1999</b> | <b>2001</b> | <b>2003</b> | <b>2005</b> | <b>2007</b> | <b>2009</b> |
|--|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>Percentage of students who . . .</b>  |             |             |             |             |             |             |             |
| Ever had sexual intercourse  | 45.9        | 42.5        | 43.9        | 43.6        | 43.6        | 45.7        | 47.6        |
| Had sexual intercourse before age 13   | 6.5         | 5.3         | 5.3         | 5.9         | 5.1         | 5.1         | 5.7         |
| Had sexual intercourse with four or more people during their life  | 15.5        | 12.1        | 13.8        | 14.0        | 13.1        | 13.7        | 16.0        |
| Had sexual intercourse during the past three months ("current")  | 31.5        | 29.2        | 30.7        | 29.9        | 31.2        | 31.2        | 32.2        |
| Drank alcohol or used drugs before last sexual intercourse   | 30.4        | 34.5        | 32.0        | 33.7        | 29.4        | 26.0        | 25.7        |
| Currently sexually active and used a condom during last sexual intercourse                                 | 48.6        | 56.6        | 57.5        | 59.6        | 61.3        | 63.3        | 67.5        |
| Currently sexually active and used birth control pills to prevent pregnancy before last sexual intercourse | 21.6        | 20.1        | 23.1        | 24.1        | 23.8        | 23.4        | 27.4        |
| Had ever been taught about AIDS or HIV infection   | 93.2        | 91.2        | 90.2        | 88.1        | 90.0        | 89.7        | 86.5        |

| <b><i>Weight Management and Dietary Behaviors</i></b>  | <b>1997</b> | <b>1999</b> | <b>2001</b> | <b>2003</b> | <b>2005</b> | <b>2007</b> | <b>2009</b> |
|--|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>Percentage of students who . . .</b>  |             |             |             |             |             |             |             |
| Were overweight (i.e., at or above the 85 <sup>th</sup> percentile but below the 95 <sup>th</sup> percentile for body mass index)    |             | 10.8        | 11.3        | 11.6        | 12.8        | 13.3        | 11.9        |
| Were obese (i.e., at or above the 95 <sup>th</sup> percentile for body mass index)   |             | 6.2         | 6.1         | 8.1         | 9.3         | 10.1        | 10.4        |
| Described themselves as slightly or very overweight  | 28.2        | 30.2        | 30.1        | 30.8        | 31.7        | 29.1        | 28.9        |
| Were trying to lose weight   | 41.7        | 40.2        | 42.0        | 41.6        | 42.6        | 43.6        | 41.6        |
| Exercised to lose weight or to keep from gaining weight during the past 30 days  | 53.2        | 58.0        | 60.1        | 60.2        | 59.7        | 61.4        | 61.6        |
| Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days             |             | 39.1        | 39.3        | 39.5        | 39.6        | 38.8        | 38.4        |
| Went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days                       |             | 10.8        | 13.9        | 11.6        | 12.1        | 12.0        | 10.8        |
| Took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days |             | 7.2         | 7.2         | 6.7         | 5.9         | 6.3         | 5.8         |
| Vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days                                      | 6.9         | 4.8         | 5.4         | 6.0         | 6.3         | 5.6         | 5.3         |



| <b><i>Weight Management and Dietary Behaviors – continued.</i></b>                                | <b>1997</b> | <b>1999</b> | <b>2001</b> | <b>2003</b> | <b>2005</b> | <b>2007</b> | <b>2009</b> |
|---|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>Percentage of students who . . .</b>   |             |             |             |             |             |             |             |
| Drank 100% fruit juices during the past seven days  |             | <b>85.1</b> | <b>83.4</b> | <b>81.7</b> | <b>81.3</b> | <b>82.2</b> | <b>80.0</b> |
| Ate fruit during the past seven days  |             | <b>89.1</b> | <b>88.1</b> | <b>87.8</b> | <b>87.3</b> | <b>88.9</b> | <b>88.8</b> |
| Ate green salad during the past seven days  |             | <b>76.2</b> | <b>74.8</b> | <b>72.3</b> | <b>71.9</b> | <b>70.4</b> | <b>71.4</b> |
| Ate potatoes during the past seven days   |             | <b>80.0</b> | <b>78.5</b> | <b>77.1</b> | <b>73.1</b> | <b>73.8</b> | <b>72.9</b> |
| Ate carrots during the past seven days  |             | <b>59.8</b> | <b>60.3</b> | <b>58.5</b> | <b>57.5</b> | <b>57.3</b> | <b>59.3</b> |
| Ate other vegetables during the past seven days   |             | <b>87.5</b> | <b>87.3</b> | <b>85.2</b> | <b>84.7</b> | <b>85.0</b> | <b>84.6</b> |
| Ate fruits and vegetables five or more times per day during the past seven days                   |             | <b>19.5</b> | <b>19.4</b> | <b>16.7</b> | <b>17.0</b> | <b>17.1</b> | <b>18.4</b> |
| Ate fruits two or more times per day during the past seven days                                   |             |             |             |             |             |             | <b>27.4</b> |
| Ate vegetables three or more times per day during the past seven days                             |             |             |             |             |             |             | <b>13.1</b> |
| Drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days |             |             |             |             |             | <b>26.2</b> | <b>25.7</b> |
| Drank three or more glasses per day of milk during the past seven days                            |             | <b>27.1</b> | <b>25.5</b> | <b>22.5</b> | <b>21.5</b> | <b>18.7</b> | <b>18.8</b> |

| <b><i>Physical Activity</i></b>   | <b>1997</b> | <b>1999</b> | <b>2001</b> | <b>2003</b> | <b>2005</b> | <b>2007</b> | <b>2009</b> |
|---|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>Percentage of students who . . .</b>   |             |             |             |             |             |             |             |
| Were physically active for a total of at least 60 minutes per day on five or more of the past seven days                                      |             |             |             |             | <b>31.2</b> | <b>44.9</b> | <b>46.0</b> |
| Watched three or more hours per day of TV on an average school day  |             | <b>24.4</b> | <b>23.5</b> | <b>25.3</b> | <b>26.3</b> | <b>22.2</b> | <b>23.7</b> |
| Played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day |             |             |             |             |             | <b>16.2</b> | <b>17.9</b> |
| Attended physical education (PE) classes on one or more days in an average week when they were in school                                      | <b>53.6</b> | <b>53.6</b> | <b>52.3</b> | <b>55.7</b> | <b>58.1</b> | <b>53.8</b> | <b>57.7</b> |
| Attended physical education (PE) classes daily in an average week when they were in school  | <b>32.7</b> | <b>35.8</b> | <b>31.3</b> | <b>32.6</b> | <b>34.0</b> | <b>32.8</b> | <b>32.2</b> |
| Played on one or more sports teams during the past 12 months  |             | <b>64.4</b> | <b>60.1</b> | <b>60.5</b> | <b>61.7</b> | <b>59.6</b> | <b>57.7</b> |



| <b><i>Asthma</i></b>  | <b>1997</b> | <b>1999</b> | <b>2001</b> | <b>2003</b> | <b>2005</b> | <b>2007</b> | <b>2009</b> |
|---|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>Percentage of students who . . .</b>   |             |             |             |             |             |             |             |
| Had ever been told by a doctor or nurse that they had asthma                      |             |             |             |             | <b>18.9</b> | <b>20.9</b> | <b>19.5</b> |
| Had been told by a doctor or nurse that they had asthma and who still have asthma |             |             |             |             |             | <b>11.1</b> | <b>10.4</b> |

